

Kej siv koob thajj xoo hluav taws xob hauv txoj hnyuv loj nrog Miralax thiab Gatorade Prep (Qauv Txheej Txheem Npaj)

Lub Sij Hawm Teev Tseg Npa Musj Xoo Hluav Taws Xob Hauv Txoj Hnyuv Loj

Ntaus cim rau lub thawv raws li qhov koj ua tau!



21 Hnub Ua Ntej los sis Ua Yeem Ntxov Twb Yeem Zoo:

Kej xaj yuav cov khoom rau Qhov Qauv Txheej Txheem Npaj*

* **Peb xav kom xaj yuav Cov Khoom Npaj los ntawm MNGI Digestive Health. Koj tuaj yeem cheb tus khaij QR code los sis mus saib rau ntawm <https://www.mngi.com/colonoscopy-prep-kits>**



Gatorade tsis suav nrog cov khoom siv npaj thiab yuav tsum xaj yuav sib cais.

Los yog... cov khoom ntawm tus kheej tuaj yeem yuav ntawm koj lub khw muag tshuaj hauv zej zog:

- Ob (2) ntsiav tshuaj 5mg Bisacodyl
- Ib (1) 8.3oz lub raj mis ntawm Polyethylene Glycol (PEG) 3350 hmoov (MiraLAX los yog sib npau li generic)
- 64oz Gatorade/Powerade los sis dej haus pom zoo electrolyte (**TSIS PUB HAUS COV MUAJ** xim liab)
- Ob (2) 125mg los sis peb (3) 80mg ntsiav tshuaj Simethicone, ua tej lub zom tau, los sis cov tshuaj ua tej lub ob tog ntev mos
- Ib (1) 10oz lub raj mis Magnesium Citrate (**TSIS PUB HAUS COV** xim liab) los sis 16-18g hmoov Magnesium Citrate



7 Hnub Ua Ntej:

- TSO TSEG** kev noj tshuaj fiber ntau thiab hlau.
- Yog tias koj muaj ntshav qab zib, hu rau koj tus kws kho mob saib xyuas kom paub ntxiv txog kev tswj hwm cov tshuaj insulin thiab/los sis ntshav qab zib.



3 Hnub Ua Ntej:

- Pib noj zaub mov tsis muaj fiber ntau (10-15g / hnub.) **ZAM** cov khoom noj muaj noob, txiv ntseej, paj pob kws, pob kws, tag nrho cov ua nplej, quinoa, txiv hmab txiv ntoo tshiab, zaub nyoos, thiab lwm yam.

Yog xav paub ntxiv txog kev noj zaub mov tsis muaj fiber ntau, thov mus saib hauv www.mngi.com/conditions/low-fiber-diet





2 Hnub Ua Ntej:

- Nyob kom muaj dej txaus rau hauv lub cev.
- TSO TSEG** tsis noj cov khoom noj thaum sij hawm **11:45 teev tsaus ntuj** thiab pib noj cov kua ntshiab (tsuas yog cov kua dej uas koj tuaj yeem pom tau).

Yog xav paub ntxiv txog kev noj cov kua dej ntshiab, thov mus saib rau hauv

<https://www.mngi.com/conditions/clear-liquid-diet>



1 Hnub Ua ntej:

- Tsis pub noj cov khoom noj uas tawv. Txuas ntxiv noj cov zaub mov ua kua. **TSIS PUB** haus caww, cov kua muaj xim liab, mis nyuj, roj, pulp, thiab lwm yam.
- Thaum **12 teev tsaus ntuj**, noj ob (2) ntsiav tshuaj Bisacodyl.
- Sib tov 1 lub taub dej ntawm MiraLAX nrog 64oz kua (tsawg kawg ntawm 56oz ntawm cov dej haus electrolyte yuav tsum tau siv los sib xyaw MiraLAX. Txog li 8oz ntawm cov dej tuaj yeem ntxiv kom ua tiav qhov xav tau 64oz).
- Thaum **4-6 teev tsaus ntuj**, haus MiraLAX-Gatorade sib tov (~ ib khob 8oz txhua 15 feeb).
- Nrog lub khob kawg ntawm MiraLAX-Gatorade sib tov, noj 240-250mg ntawm Simethicone.

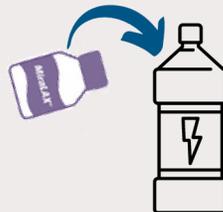
12 teev tsaus ntuj

Bisacodyl



+

Thaum 4-6 teev tsaus ntuj



+

Lub khob kawg ntawm MiraLAX Mixture



Simethicone



Txuas ntxiv noj cov khoom noj ua kua NKAUS XWB



Hnub Ua Hauj lwm (Ntxiv rau nplooj ntawv tom ntej):

- Txuas ntxiv cov kua dej ntshiab **NKAUS XWB**.
- Noj koj cov tshuaj thaum sawv ntxov nrog cov dej haus **tsawg kawg yog ua ntej 3 teev** koj cov txheej txheem.
 - Qhov no suav nrog cov tshuaj hauv plawv thiab ntshav siab, Cov tshuaj noj kom ntshav ntshiab zog tuaj (yog tias koj tsis tau hais kom txwv cov no los ntawm peb lub chaw hauj lwm), methadone, thiab tshuaj tiv thaiv qaug dab peg.
 - **TSIS TXHOB** noj cov vitamins los sis tshuaj ntxiv.
- TSIS TXHOB** haus luam yeeb, THC, tshuaj maj, los sis tshuaj txhaum cai.

NTAWV NTAWV
TOM QAB



Hnub Ua Hauj lwm (Txuas ntxiv)



Ua Ntej 4 Teev:

Haus Magnesium Citrate

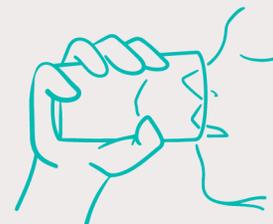


10oz lub raj mis
ntawm LIQUID
Magnesium
Citrate

LOS
SIS



16 - 18 g Magnesium
Citrate POWDER
pob ntawv yaj hauv
10oz dej



Ua Ntej 3 Teev:

TSG haus tag nrho cov kua. **TSIS TXHOB NOJ DAB TSIS RAU HAUV NCUAJ** mus txog thaum tom qab ua kev kuaj siv koob thajj tsom rau hauv txoj hnyuv loj.

Xyuas kom paub tseeb tias cov quav ntshiab/daj/tshuaj yej xim kua **NKAUS XWB** ua ntej hnub koj teem caij tuaj ntsib. Yog tias tsis paub meej, hu rau peb lub chaw hauj lwm ntawm 612-871-1145.



Cov ntaub ntawv ntxiv:

- **Kev kho tshuaj:** Yog tias noj GLP-1 agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, los sis lwm tus) los sis SGLT-2 inhibitors (Invokana, Farxiga, Jardiance, Steglatro) ua raws li cov lus qhia tshwj xeeb. <https://www.mngi.com/colonoscopy-info>
- **Cov Lus Qhia Txog Kev Ntxuav Txoj Hnyuv Loj:** Nyob nrog kev hais dej kom txaus, nyob ze ntawm chav dej, thiab txuas ntxiv haus cov tshuaj npaj txhua 15 feeb. Tej zaum koj yuav xav kom cov tshuaj chilled tiam sis tsis ntxiv dej khov. Koj tuaj yeem kuj xam seb puas yuav siv ib tus pas khoob qhov nqus.
- **Kev Hloov Sij Hawm Teem Caij Sib Ntsib:** Rov teem sij hawm dua yog tias muaj mob khaub thuas los sis ua pa, los sis yog tias koj tau kuaj mob tshiab.
- **Lub Luag Hauj Lwm Tus Neeg Yuav Tsum Tau Ua:** Xyuas kom paub tseeb tias koj muaj ib tus khub nrog koj rau kev tuaj hauv tsev kho mob, tawm tsev kho mob, thiab kev pab thauj mus los.
- **Kuv yuav ua li cas thiaj paub tias kuv npaj tau lawm?** Thaum koj ua tiav nrog koj qhov kev npaj, koj yuav tsum tsis txhob muaj cov quav tawv – cov quav yuav tsum yog cov kua ntshiab/daj/xim tshuaj yej. Koj yuav tsum tau pom tshab mus rau hauv qab ntawm lub tais tso quav. Yog tias koj tsis paub meej tias koj txoj hnyuv loj puas huv si, thov hu rau peb lub chaw hauj lwm ntawm 612-871-1145 ua ntej thaum koj tawm hauv koj lub sij hawm teem sib ntsib.
- **Puas muaj lus nug?** Rau cov lus teb rau cov lus nug uas nquag nug txog koj qhov kev npaj ua ntej thiab mus ntsib, koj tuaj yeem mus saib hauv <https://www.mngi.com/colonoscopy-faqs>